



Garlicky Lemon-Anchovy Chicken

INGREDIENTS

4 chicken thighs; boneless, skinless	1 tsp kosher salt
Ground black pepper	6 garlic cloves; smashed and peeled
¼ cup Extra Virgin olive oil	5 anchovy filets
2 TBS capers, drained and patted dry	1 pinch of red pepper flakes
1 lemon, halved	Parsley; chopped; for serving

DIRECTIONS

Heat oven to 350F. Season chicken thighs with salt and pepper and let rest. Mince one garlic clove and set it aside. In a large, oven-proof skillet over medium-high heat, add oil. When the oil is hot, add the 5 smashed garlic cloves, the anchovies, capers and chili. Let cook, stirring to break up anchovies, until the garlic browns around the edges and the anchovies dissolve, 3-5 minutes. Add chicken and cook until browned on one side, 5 to 7 minutes. Flip the thighs, place pan in the oven and cook another 5-10 minutes, until the chicken is cooked through. Transfer thighs to a plate. Place the skillet back on the heat and add the minced garlic and the juice of half of the lemon. Cook for about 30 seconds, scraping the browned bits from the bottom of the pan. Return the chicken to the pan and cook in the sauce for another 30 seconds. Squeeze the remaining lemon half over the chicken and garnish with chopped parsley. Serves 4. 200 calories each.